



Manage Your High Blood Pressure with These Healthy Habits

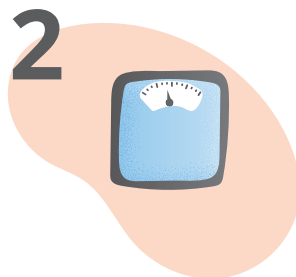
Did you know high blood pressure is the second leading cause of kidney failure in the U.S.? Chronic kidney disease is a serious condition that increases your chances of having a variety of complications such as stroke, heart attack, kidney failure, and death.

That's why it's important to manage high blood pressure and protect your kidneys.

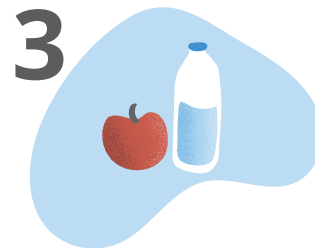
Start with these 6 healthy lifestyle habits.



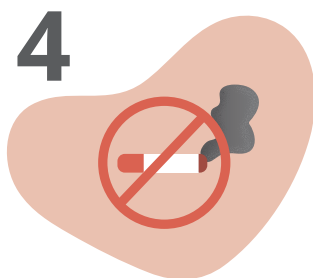
Take blood pressure-lowering **medications** as prescribed by your doctor.



Aim for a **healthy weight** to lower your chances of health problems related to high blood pressure.



Take steps to make **healthier food** and beverage choices.



Take steps to try to **quit smoking**.



Aim for at least 7 to 8 hours of **sleep** per night.



Take steps to reduce stress and be **physically active** for 30 minutes each day.

Take the pressure off your kidneys.

Visit niddk.nih.gov for more information on high blood pressure and kidney disease.